How Do I Maintain My Weight After Losing It?

Maintaining your weight after losing it is essential for a healthy lifestyle. To keep the weight off, you need to plan and be committed to making changes to your diet and activity levels that will last.

The National Institute on Aging suggests some helpful tips for eating healthily. These include limiting processed foods and opting for more fruits, vegetables, lean proteins such as fish and nuts, as well as healthy fats like olive oil and avocado instead of butter or lard. Additionally, it is recommended to focus on whole grains instead of refined ones, as the latter retain less nutritional value but may taste better. Lastly, drinking plenty of water throughout the day is beneficial.

Read more: https://renoweightloss.com/how-do-i-maintain-my-weight-after-losing-it/